



Ladies Fight Back

Allen Chinn

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"Ladies Fight Back" is a book empowering its reader by explaining techniques, knowledge and strategies. These are from a serious Kung-Fu style for serious situations. This book tries to simplify techniques, targets and strategies to give the reader a base knowledge for effective and practical self defense. The author draws from his 47 years of martial arts experience, as well as that many years in the field of firearms.

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